

## POWER COACH

- Learn from International Master Trainer, Tim Sunderland; with over a decade of fitness experience
- Your ticket to unlocking unparalleled knowledge, refining your coaching skills, and positioning yourself at the forefront of the industry
- Unlock the secrets of different power training methods and understand how kettlebells and dumbbells seamlessly translate to barbell Olympic lifting
- Credits: TBA - ACE | 1.4 NASM

## POWER COACH

Introducing the Power Coach Certification – a cutting-edge course carefully crafted for elite personal trainers ready to revolutionize their approach to power training. Elevate your expertise and empower your clients to reach unprecedented levels of strength and performance.

Unlock the secrets of different power training methods and understand how kettlebells and dumbbells seamlessly translate to barbell Olympic lifting. This course provides powerful coaching cues, enabling you to guide your clients with precision through each exercise. From mastering the techniques yourself to effectively coaching others, this certification covers it all.

But it doesn't stop there – we go beyond the basics with advanced programming strategies, equipping you to design personalized power training regimens that yield exceptional results for your clients. Elevate your coaching game and distinguish yourself as a leader in the realm of advanced strength and power training.



## STRENGTH AND POWER TRAINING

Discover the Strength and Power Coach Certification – a cutting-edge program carefully designed to transform the way you approach power training. This isn't just a course; it's a pathway to mastering advanced techniques and elevating your coaching game.



## **IN THIS COMPREHENSIVE CERTIFICATION, DELVE DEEP INTO:**

- The science of the force/velocity relationship. Master the art of calculating force production and quantifying power output
- Gain insights into precisely determining when a client is ready for specific power training, ensuring a customised approach to strength and power development.
- Learn the clean, jerk and snatch lifting techniques of each training tool as well as effective ways to coach back to your clients.
- Advanced power programming techniques

## **WHO WILL BENEFIT FROM THIS COURSE:**

This course is designed for high-level personal trainers, specialized strength coaches, exercise scientists, or gym enthusiasts eager to revolutionize their approach to power training.

If you are ready to propel your clients to new levels of strength and performance while positioning yourself as a leader in the industry, this course is for you.

## **PRE-REQUISITE**

This is a continuing education course for existing fitness professionals. Experience in personal training and knowledge of exercise science, client assessment and programming is recommended to ensure learning objectives are achieved.

## **COURSE CONTENT:**

- Introduction and Benefits to Power Training
- Difference Between Power Training and Traditional Strength Training
- To Train Strength or to Train Power
- Transference of KB's & DB's to BB Olympic Lifts
- Types of Power Training (Deceleration, Acceleration, Dynamic/Energy Transfer) (Ballistic Effort, Dynamic Effort, Plyometric Effort)
- Common Training Terms
- Safety of Olympic Lifting + Mobility Tests + Athlete Prerequisites
- Warming Up for Power Training
- Training with the Kettlebell – Clean, Jerk & Snatch Variations
- Training with the Dumbbell – Clean, Jerk & Snatch Variations
- Olympic Lifting with the Barbell – Clean, Jerk & Snatch Variations

## CLASS PLAN

### Day 1: Foundations, Safety, and Clean Variations

#### **8:30 AM - 9:30 AM:** Introduction and Foundational Concepts

- About this Course: Overview and objectives.
- Benefits of Strength and Power Training: Physical and mental advantages.
- Safety of the Sport: Emphasis on proper technique.

#### **9:30 AM - 10:30 AM:** Theoretical Principles

- Difference Between Strength and Power Training: Understanding the distinctions.
- When to Train for Strength and When to Train for Power: Identifying appropriate phases.
- Transference of Kettlebells, Dumbbells, and Barbells: How each tool transfers.

#### **10:30 AM - 11:30 PM:** Movement Mechanics and Terminology

- Deceleration, Acceleration, Dynamic/Energy Transfer, Ballistic Effort, Dynamic Effort, Plyometric Effort: Detailed explanations.

#### **11:30 PM - 12:30 PM:** Weightlifting Equipment and Personal Gear

- Competition Kettlebells, Appropriate Dumbbells, Olympic Barbells: Equipment overview. Personal Equipment: Shoes, straps, chalk, tape, belts.

#### **12:30 PM - 1:30 PM:** Lunch Break

#### **1:30 PM - 2:30 PM:** Safety and Movement Preparation & Screening

- General Considerations and Safety Guidelines: Comprehensive safety protocols.
- Motor Performance vs. Motor Learning, Acquisition and Retention, Movement Mastery & Continual learning.
- Movement Prep: Warm up drills.
- Screening: Neutral spine tests, leg raise asymmetry, shoulder flexion, Apley's, impingement.
- Client Prerequisites: Squat, overhead press, deadlift with hook grip.

#### **2:30 PM - 4:30 PM:** Clean Variations (Kettlebell, Dumbbell, Barbell)

- The Kettlebell: Swing clean, dead clean, rotation clean.
- The Dumbbell: Hang clean, dynamic hang clean.
- The Barbell: Progressions of the power clean.

### Day 2: Jerk, Snatch Variations, Programming, and Application

#### **8:30 AM - 9:30 AM:** Review and Practice of Day 1

- Review key concepts and clean variations.
- Practical session for refining techniques.

#### **9:30 AM - 12:30 PM:** Jerk & Snatch Variations (Kettlebell, Dumbbell, Barbell)

- Jerk Variations:
  - The Kettlebell: Push press, jerk, split jerk.
  - The Dumbbell: Push press, jerk, split jerk.
  - The Barbell: Push press, jerk, split jerk.
- Snatch Variations
  - The Kettlebell: Swing snatch, dead snatch, rotation snatch, lunge snatch.
  - The Dumbbell: Hang snatch, dynamic hang snatch.
  - The Barbell: High hip, mid-thigh, high pull, transition, from floor.

**12:30 PM - 1:30 PM:** Lunch Break

**1:30 PM - 3:30 PM:** Jerk & Snatch Variations (Kettlebell, Dumbbell, Barbell) continued.

**3:00 PM - 4:00 PM:** Programming Principles and Needs Analysis

- Effective Needs Analysis: Identifying client goals.
- Common Training Terms and Force Velocity Review: Understanding the language.
- Weightlifting Specific and Integrated Model for Workouts: Building effective sessions.
- Programming Variables and Periodization: Managing variables, basic periodization.

**4:00 PM - 4:30 PM:** Testing, Progress Tracking, and Final Thoughts

- Personal Best / Progress Testing: Methods for tracking.
- Programming Final Thoughts: Cueing, feedback.

**4:30 PM - 5:00 PM:** Q&A/Group Photo

### **YOU WILL RECEIVE:**

1. Course Manual (On Course Day)
2. Certificate of Attendance

### **DRESS CODE**

Fitness Attire

### **WHAT DO I NEED TO BRING**

Pen, laptop/tablet

### **EDUCATOR**



#### **Tim Sunderland**

Since 2015, Tim has been educating the next generation of fitness professionals. As the founder and head educator for True Technique Fitness, he has made a significant impact on the world of fitness education. His commitment to delivering high-quality education and training has helped shape the fitness community.

Tim's areas of expertise lie in corrective exercise and high-performance strength training. He is not just an educator; he's a practitioner who has positively impacted the lives of many. His ability to inspire and educate is what makes him a respected figure in the field, and his work continues to influence and shape the future of fitness and education.